

In the Claims

1-10 (previously cancelled)

11. (currently amended) A method of providing variable stroke exercise movement on an elliptical exercise machine of the type having a frame configured to rest on a floor surface, left and right cranks supported ~~at one end of~~ on the frame and rotatable relative thereto about a common crank axis, and left and right foot supporting links having respective first portions movably connected to respective cranks and respective second portions movably connected to the frame in a manner that links rotation of the cranks to generally elliptical movement of the foot supporting links, comprising the step of:

at least once per revolution of the cranks, automatically adjusting a crank diameter defined between the cranks while the cranks are rotating.

12. (currently amended) A method of providing variable stroke exercise movement on an elliptical exercise machine of the type having a frame configured to rest on a floor surface, left and right cranks supported ~~at one end of~~ on the frame and rotatable relative thereto about a common crank axis, and left and right foot supporting links having respective first portions movably connected to respective cranks and respective second portions movably connected to the frame in a manner that links rotation of the cranks to generally elliptical movement of the foot supporting links, comprising the step of:

while a person is standing on the foot supporting links and the cranks are rotating, and without assistance from another person, making adjustments to a crank diameter defined between the cranks as a function of rotational velocity of the cranks.

13. (newly added) A method of providing variable stroke exercise movement on an elliptical exercise machine of the type having a frame configured to rest on a floor surface, left and right cranks supported on the frame and rotatable relative thereto about a common crank axis, and left and right foot supporting links having respective first portions movably connected to respective cranks and respective second portions movably connected to the frame in a manner that links rotation of the cranks to generally elliptical movement of the foot supporting links, comprising the step of:

configuring the machine to automatically adjust a crank diameter defined between the cranks as a function of rotational velocity of the cranks when the machine is in use.